

 Medifast Plus® for

# Diabetics

Program Guide



### Introduction

This booklet is designed to better guide you through your Medifast Diabetic plan.

Medifast Plus for Diabetics is a line of products specially formulated to meet the nutritional needs of diabetics. All products in the diabetic line contain less than 5 grams of sugar per serving and are low in fat, calories and cholesterol. The standard American Diabetic Association (ADA) meal plan typically ranges from 1500 to 1800 calories per day. The Medifast Plus for Diabetics program is lower in sugar, calories and carbohydrates, which may affect dosage requirements of insulin and oral diabetic agents.

#### See Your Doctor First

It is essential that you see your physician or diabetes specialist prior to starting and during your Medifast program to discuss blood sugar monitoring, potassium monitoring, oral diabetes agents, calorie levels and changes to your medications. Because Medifast is a low calorie, low glycemic program, you may have to adjust your diabetes medications **prior** to starting the program.

### Clinically Proven

Researchers from Johns Hopkins Bloomberg School of Public Health conducted an 86-week diabetic weight loss study that found participants using Medifast lost twice as much weight and were twice as compliant as participants following a standard food diet based on the dietary guidelines of the American Diabetes Association (ADA). Additionally, 24 percent of the Medifast users decreased or eliminated their diabetes medication, compared to 0 percent on the standard food diet.

This study reinforces the fact that people with Type 2 diabetes are more likely to stick with the Medifast plan, lose more weight, and improve their health.

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## Type 2 Diabetes

The Medifast Plus for Diabetics program is intended for Type 2 diabetics for weight loss and/or weight maintenance. While Type 2 diabetes is not curable, it is manageable. With proper treatment, people with Type 2 diabetes can keep their blood sugar levels relatively normal. The aim of treatment is to keep blood sugar levels as close to normal as possible without causing low blood sugar (hypoglycemia). Type 2 diabetics can usually treat their condition by controlling their diet. Weight reduction in an overweight person, an exercise program and regular blood glucose testing, combined with oral medications, may be required to lower sugar levels. In some cases, insulin may be required.

## Type 1 Diabetes

If you are a Type 1 diabetic, Medifast does not recommend this program for weight loss. However the products can be used for weight maintenance as a healthy alternative to regular foods as a part of a daily meal plan.

## For Weight Loss:

Our recommended **5 & 1** program for weight loss is a low calorie program which ranges between 800 - 950 calories per day. Your physician may recommend a higher calorie protocol based on your individual needs and weight loss goals. Sample menus are provided for 940 - 1050 calories, 1050 - 1100 calories and 1100 - 1200 calories per day.

*You should also discuss recommended calorie levels for your meal plan with your physician.*

## For Nutrition and Weight Maintenance:

- Eat 2-3 Medifast Meals (See page 8 for diabetics product line) per day in addition to your prescribed meal plan.
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## The Medifast 5 & 1 Plan - For Weight Loss

Every day, it's as simple as any 5 Medifast Meals\*



and 1 “Lean & Green” Meal



\*Any combination of Medifast Plus for Diabetics Shakes or Medifast Meals formulated for diabetics may be used on your **5 & 1 Plan**. However, you should limit yourself to one bar per day.

### “Lean & Green” Meal

In addition to your 5 Medifast Meals per day, you should have one “Lean & Green” meal, which includes lean meat plus salad or vegetables.

#### Lean Meat:

- 7 ounces of chicken, turkey or fish, or
- 5 ounces of lean beef, pork or lamb.

#### Salad or Vegetables:

- 2 cups of salad (salad greens, cabbage, spinach, sprouts, celery, radishes, cucumber, pepper, or tomato) and up to 1/2 cup raw vegetables; or
- 1 1/2 cups cooked vegetables.

**See Quick Start guide, furnished with first order for complete details.**

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## 940 to 1050 Calories per Day

If your doctor recommends higher calories than the **Medfast 5 & 1 Plan** (800-950 calories). You may use the following sample meal plans.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:30 AM	Medfast Plus for Diabetics Shake	Medfast Oatmeal	Medfast Plus for Diabetics Shake	Medfast Oatmeal	Medfast Plus for Diabetics Shake	Medfast Oatmeal	Medfast Plus for Diabetics Shake
9:00 AM	Regular or Decaf Coffee	Hot Tea	Crystal Light®	Diet (sugar free) Kool Aid®	Iced Tea	Regular or Decaf Coffee	Diet Soda
10:30 AM	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Bar	Medfast Oatmeal	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Bar
1:00 PM	Medfast Cream of Broccoli Soup	Medfast Chicken Noodle Soup	Medfast Plus for Diabetics Shake	Medfast Cream of Chicken Soup	Medfast Chili	Medfast Cream of Broccoli Soup	Medfast Cream of Chicken Soup
4:00 PM	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Bar	Medfast Chicken Noodle Soup	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Bar
6:30 PM	6 oz lean pork 1 cup sauerkraut 1 1/2 cup leafy greens with 1/2 cup cucumber and 2TB fat free dressing	6 oz salmon 1 cup cooked carrots 1 1/2 cup leafy greens with 1/2 cup onion and 2TB fat free dressing	7 oz white meat chicken, no skin 1 cup brussel sprouts 1 1/2 cup leafy greens with 1/2 cup green pepper and 2TB fat free dressing	6 oz lean beef 1cup green beans 1 1/2 cup leafy greens with 1/2 mushrooms and 2TB fat free dressing	9 oz shrimp 1 cup cooked cauliflower 1 1/2 cup leafy greens with 1/2 medium tomato and 2TB fat free dressing	9 oz tuna (in water) 1 cup cooked broccoli 1 1/2 cup leafy greens with 2tsp shredded carrots and 2TB fat free dressing	10 oz crab 1 cup asparagus 1 1/2 cup leafy greens with 1/2 cup mushrooms and 2TB fat free dressing
8:30 PM	Medfast Plus for Diabetics Bar	Medfast Plus for Diabetics Shake	Medfast Plus for Diabetics Bar	Medfast Plus for Diabetics Bar	Medfast Plus for Diabetics Bar	Medfast Plus for Diabetics Bar	Medfast Plus for Diabetics Shake

## 1050 to 1100 Calories per Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:30 AM	Medifast Plus for Diabetics Shake Regular or Decaf Coffee	Medifast Oatmeal Hot Tea	Medifast Plus for Diabetics Shake Crystal Light®	Medifast Oatmeal Diet (sugar free) Kool Aid®	Medifast Plus for Diabetics Shake Iced Tea	Medifast Oatmeal Regular or Decaf Coffee	Medifast Oatmeal Diet Soda
9:00 AM	Medifast Plus for Diabetics Shake 1 small banana	Medifast Plus for Diabetics Bar 1 medium apple	Medifast Oatmeal 1 small orange	Medifast Plus for Diabetics Shake 17 grapes	Medifast Plus for Diabetics Shake 1/2 large grapefruit	Medifast Plus for Diabetics Shake 1 medium peach	Medifast Plus for Diabetics Bar 1 cup unsweetened applesauce
10:30 AM	Medifast Plus for Diabetics Shake 1 small banana	Medifast Plus for Diabetics Bar 1 medium apple	Medifast Oatmeal 1 small orange	Medifast Plus for Diabetics Shake 17 grapes	Medifast Plus for Diabetics Shake 1/2 large grapefruit	Medifast Plus for Diabetics Shake 1 medium peach	Medifast Plus for Diabetics Bar 1 cup unsweetened applesauce
12:00 PM	Medifast Plus for Diabetics Bar 1 medium apple	Medifast Plus for Diabetics Bar 1 medium apple	Medifast Oatmeal 1 small orange	Medifast Plus for Diabetics Shake 17 grapes	Medifast Plus for Diabetics Shake 1/2 large grapefruit	Medifast Plus for Diabetics Shake 1 medium peach	Medifast Plus for Diabetics Bar 1 cup unsweetened applesauce
1:00 PM	Medifast Plus for Diabetics Bar 1 medium apple	Medifast Plus for Diabetics Bar 1 medium apple	Medifast Oatmeal 1 small orange	Medifast Plus for Diabetics Shake 17 grapes	Medifast Plus for Diabetics Shake 1/2 large grapefruit	Medifast Plus for Diabetics Shake 1 medium peach	Medifast Plus for Diabetics Bar 1 cup unsweetened applesauce
4:00 PM	Medifast Plus for Diabetics Bar 1 medium apple	Medifast Plus for Diabetics Bar 1 medium apple	Medifast Oatmeal 1 small orange	Medifast Plus for Diabetics Shake 17 grapes	Medifast Plus for Diabetics Shake 1/2 large grapefruit	Medifast Plus for Diabetics Shake 1 medium peach	Medifast Plus for Diabetics Bar 1 cup unsweetened applesauce
6:30 PM	5 oz lean pork 1 cup sauerkraut 1 1/2 cup leafy greens with 1/2 cup cucumber and 2TB fat free dressing	6 oz salmon 1 1/2 cup cooked carrots 1 1/2 cup leafy greens with 1/2 cup green peppers and 2TB fat free dressing	7 oz white meat chicken, no skin 1 cup brussel sprouts 1 1/2 cup leafy greens with 1/2 cup onion and 2TB fat free dressing	6 oz lean beef 1 cup green beans 1 1/2 cup leafy greens with 1/2 cup mushrooms and 2TB fat free dressing	9 oz shrimp 1 1/2 cup cooked cauliflower 1 1/2 cup leafy greens with 1/2 medium tomato and 2TB fat free dressing	8 oz tuna (in water) 1 1/2 cup cooked broccoli 1 1/2 cup leafy greens with 2tsp shredded carrots and 2TB fat free dressing	9 oz crab 1 1/2 cup asparagus 1 1/2 cup leafy greens with 1/2 cup mushrooms and 2TB fat free dressing
8:30 PM	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Shake

## 1100 to 1200 Calories per Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:30 AM	Medifast Plus for Diabetics Shake Regular or Decaf Coffee	Medifast Oatmeal Hot Tea	Medifast Plus for Diabetics Shake Crystal Light®	Medifast Oatmeal Diet (sugar free) Kool Aid®	Medifast Plus for Diabetics Shake Iced Tea	Medifast Oatmeal Regular or Decaf Coffee	Medifast Plus for Diabetics Shake Diet Soda
9:00 AM	Medifast Plus for Diabetics Shake 1 small banana & 5 animal crackers	Medifast Plus for Diabetics Shake 1 medium apple & 1 oz pretzels	Medifast Oatmeal 1 small orange & 3 cups no fat/low fat popcorn	Medifast Plus for Diabetics Shake 17 grapes & 2 rice crackers	Medifast Plus for Diabetics Shake 1/2 large grapefruit & 6 saltines	Medifast Plus for Diabetics Shake 1 medium peach & 5 square graham crackers	Medifast Plus for Diabetics Shake 1 cup unsweetened applesauce & 1 slice of bread
10:30 AM	Medifast Plus for Diabetics Shake 1 small banana & 5 animal crackers	Medifast Plus for Diabetics Shake 1 medium apple & 1 oz pretzels	Medifast Oatmeal 1 small orange & 3 cups no fat/low fat popcorn	Medifast Plus for Diabetics Shake 17 grapes & 2 rice crackers	Medifast Plus for Diabetics Shake 1/2 large grapefruit & 6 saltines	Medifast Plus for Diabetics Shake 1 medium peach & 5 square graham crackers	Medifast Plus for Diabetics Shake 1 cup unsweetened applesauce & 1 slice of bread
12:00 PM	Medifast Plus for Diabetics Shake 1 small banana & 5 animal crackers	Medifast Plus for Diabetics Shake 1 medium apple & 1 oz pretzels	Medifast Oatmeal 1 small orange & 3 cups no fat/low fat popcorn	Medifast Plus for Diabetics Shake 17 grapes & 2 rice crackers	Medifast Plus for Diabetics Shake 1/2 large grapefruit & 6 saltines	Medifast Plus for Diabetics Shake 1 medium peach & 5 square graham crackers	Medifast Plus for Diabetics Shake 1 cup unsweetened applesauce & 1 slice of bread
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4:00 PM	Medifast Plus for Diabetics Shake 1 small banana & 5 animal crackers	Medifast Plus for Diabetics Shake 1 medium apple & 1 oz pretzels	Medifast Oatmeal 1 small orange & 3 cups no fat/low fat popcorn	Medifast Plus for Diabetics Shake 17 grapes & 2 rice crackers	Medifast Plus for Diabetics Shake 1/2 large grapefruit & 6 saltines	Medifast Plus for Diabetics Shake 1 medium peach & 5 square graham crackers	Medifast Plus for Diabetics Shake 1 cup unsweetened applesauce & 1 slice of bread
6:30 PM	Medifast Plus for Diabetics Shake 1 small banana & 5 animal crackers	Medifast Plus for Diabetics Shake 1 medium apple & 1 oz pretzels	Medifast Oatmeal 1 small orange & 3 cups no fat/low fat popcorn	Medifast Plus for Diabetics Shake 17 grapes & 2 rice crackers	Medifast Plus for Diabetics Shake 1/2 large grapefruit & 6 saltines	Medifast Plus for Diabetics Shake 1 medium peach & 5 square graham crackers	Medifast Plus for Diabetics Shake 1 cup unsweetened applesauce & 1 slice of bread
8:30 PM	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Shake 6 oz lean pork 1 cup sauerkraut 1 1/2 cup leafy greens with 1/2 cup cucumber and 2TB fat free dressing	Medifast Plus for Diabetics Bar 8 oz white meat chicken, no skin 1 cup brussel sprouts 1 1/2 cup leafy greens with 1/2 cup green pepper and 2TB fat free dressing	Medifast Plus for Diabetics Bar 6 oz lean beef 1 cup green beans 1 1/2 cup leafy greens with 1/2 cup mushrooms and 2TB fat free dressing	Medifast Plus for Diabetics Bar 9 oz shrimp 1 1/2 cup cooked cauliflower 1 1/2 cup leafy greens with 1/2 medium tomato and 2TB fat free dressing	Medifast Plus for Diabetics Bar 9 oz tuna (in water) 1 1/2 cup cooked broccoli 1 1/2 cup leafy greens with 2tsp shredded carrots and 2TB fat free dressing	Medifast Plus for Diabetics Shake 9 oz crab 1 1/2 cup asparagus 1 1/2 cup leafy greens with 1/2 cup mushrooms and 2TB fat free dressing

### Diabetics Product Line

#### Product Benefits:

- Great Taste
- Low Sugar
- Low Calorie, Low Fat\*
- Low Glycemic
- High in Soy Protein\*\*
- Rich in Calcium
- Excellent Source of Soluble Fiber
- Enriched with 24 Essential Vitamins and Minerals
- Contains Chromium and Biotin for improved glucose tolerance and enhanced insulin sensitivity



\*Medifast Plus for Diabetics Bars contain 130 calories and 4.5 grams of fat or less per serving

\*\*Medifast Creamy Soups contain whey protein as the main protein source.

Our nutritionally complete supplements are designed to be used as a meal replacement or snack as part of a well-balanced meal plan. These products contain less than 5 grams of sugar per serving and 9 total carbohydrates per serving.

#### Product Line:

- Medifast Plus for Diabetics Shakes (Chocolate, Vanilla and Strawberry)
- Medifast Diabetic Bars (Chocolate Crunch and Peanut Butter Crunch)
- Hearty Oatmeal (Apple Cinnamon, French Vanilla Berry and Maple & Brown Sugar)
- Homestyle Chili
- Cream of Chicken Soup
- Cream of Broccoli Soup
- Chicken Noodle Soup
- Minestrone Soup

Medifast Plus for Diabetics Shakes, Hearty Apple Cinnamon Oatmeal, Cream of Broccoli Soup and Cream of Chicken Soup have been certified by the Glycemic Research Institute to be low glycemic foods.

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## The Glycemic Index - Not Just For The Diabetic

Understanding and utilizing the glycemic index can help you make smarter and healthier food choices.

The key to optimal health is to eat a diet that is lower in fat with moderate protein levels and includes a balance between calories consumed and calories burned. You should also avoid carbohydrates that excessively raise blood glucose, insulin and fatty acid levels in the blood. In general, most refined starchy foods eaten in the United States have a high glycemic index, whereas non-starchy vegetables, fruit and legume's tend to have a low glycemic index.

Regularly consuming high glycemic meals result in higher blood glucose, insulin and HbA1c in both diabetics and non-diabetics. For many individuals, this is followed by reactive low blood sugar that promotes excessive food intake, exhausting insulin producing cells and causing changes in blood vessels.

Medifast Plus For Diabetics is certified by the Glycemic Research Institute because it does not overly stimulate blood glucose and insulin and does not stimulate fat-storing enzymes. Persons with insulin-related disorders such as Diabetes, Syndrome X, Insulin Resistance and Hyperglycemia should look for the Glycemic Research Institute's Seal of Approval when selecting insulin-friendly products. Athletes and dieters should try to avoid High Glycemic foods since they stimulate fat storage and insulin.

### Criteria for Products with Seal of Approval:

1. Do not overly stimulate blood glucose or insulin
2. Do not stimulate Lipoprotein Lipase  
(the gatekeeper for fat storage in the fat cell)
3. Do not contain appreciable amounts of high glycemic raw materials
4. Do not exacerbate ADD, Dyslexia or Hyperactivity in children
5. Do not reduce sports performance due to insulin-surges
6. Do not cause reactive hypoglycemia



## FAQ's

### ***What types of people is Medifast for?***

Medifast has programs available for people who:

- are “stuck” or who can't seem to lose weight on other plans,
- have medical conditions such as diabetes that make it difficult to lose weight,
- want a more nutritious diet, or
- want to maintain weight.

### ***What is the difference between Medifast Plus for Diabetics and the rest of the Medifast line?***

Medifast Plus For Diabetics has been specially formulated for Diabetics. These products contain less than 5 grams of sugar per serving. Many Medifast Plus For Diabetics products have been certified by the Glycemic Research Institute to make the claim “LOW GLYCEMIC” and are authorized to use the Glycemic Research Institute's Seal of Approval.

### ***How should I use Medifast Plus For Diabetics for General Nutrition or Weight Maintenance?***

We suggest a program that incorporates 1-4 Medifast Plus For Diabetics meals into your current meal plan. Medifast recommends that you consult with your primary care physician or diabetes specialist before beginning a program using Medifast Plus for Diabetics. You should discuss blood sugar monitoring, oral diabetes agents and changes to your insulin regimen with your physician before starting the program.

### ***How is diabetes treated?***

The aim of treatment is to keep blood glucose as close to normal levels as possible without causing low blood sugar (hypoglycemia). Such low blood sugar levels may result from a change in the content or timing of meals or from increased physical activity, or from over-treatment.

- Type 1 - Daily injections of insulin, together with dietary control and regular blood glucose testing, form the basis of an effective treatment program. Insulin mimics the body's own production of the natural hormone. Delivery by injection and careful storage in cooled conditions are required to retain purity.
- Type 2 – Dietary control is often sufficient in treating this condition. Weight reduction in the overweight person, an exercise program and regular blood glucose testing, combined with oral medications, may be required to lower sugar levels. In some cases, insulin may be required to lower blood sugar levels.

### ***Can I exercise when I'm on a Plus for Diabetics weight loss program?***

Yes, you can, but we suggest limiting the amount of exercise, especially in the beginning. It takes three to four weeks for the body to adapt to the Medifast plan and use the fat stores for energy. During this time, too much exercise can cause dehydration as well as slow your weight loss and harm your muscle tissue.

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## Acknowledgements

This material is intended to serve as a guide to the effective use of Medifast products and programs. It does not in any way constitute medical advice or substitute for medical treatment of obesity and related issues.

A Health Advisor is not a substitute for a physician or qualified medical practitioner for monitoring Medifast low calorie programs.

The following product names used in this booklet are registered trademarks: Metamucil, Tylenol, Lactaid, Maalox, Roloids, Zantac, Tagament, Prilosec, Indocin, Naprocin, Crystal Light, and Kool-Aid.

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Medifast, Inc.

11445 Cronhill Drive  
Owings Mills, MD 21117

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